

Striders of Croydon

Easter 2007 Magazine

Marathon Wedding edition



Congratulations

Jan Kevin Justin Karen



Chairmans Corner

John Gannon

My usual piece for the newsletter is normally to look back over the last few months and review what has taken place within the club. However this edition will be very forward looking to what is going to happen for the Striders over the next few months as well as giving me the chance to update you all on what is happening in the administration of the running world.

FLM

Once again the London Marathon is upon us and there is a number of Striders taking part, however in this year's race I believe we have bumper crop in the number of runners taking part. Therefore there should be lots of fellow club members to look out for if you are going to watch the marathon or indeed, as I hope, assist in helping the club support the race at the 25-mile stage at Hungerford Bridge/Embankment Tube station. Good luck to those taking part please don't forget to give us a wave as you go under the bridge, after all it will be easier for you to spot us rather than the other way around, especially if you're not wearing your Strider's vest! Plus of course we will have the club banner tied proudly in place on the bridge itself. Once the race is over and you've all had a chance to rest your tired limbs I'll look forward to seeing you all down the Builders Arms in Leslie Park Road afterwards dressed traditionally in your marathon t-shirt with medal draped around your neck in best 70's style!

EA v ARC

Most of you might not be aware (if you are I would welcome your opinion on this subject) but there is huge upheaval going on in the world of British Athletics that will affect our club as well as all us as runners. A new organisation is being set up as of 1st April of this year under UK Athletics to administrate Athletics in England that will replace the existing regional bodies such as the one we are affiliated to SEAA. (South East Athletics Association) This organisation, England Athletics, (EA) will be run by fully paid officials unlike the regional bodies that were run by well meaning volunteers. Whilst this may lead to a more professional approach in the future it of course does not come cheap! Therefore all clubs associated to UK Athletics, and to take part or qualify for races like Surrey XC and road leagues as well as not having to pay the £2 fee charge that all non club runners pay to run in a race, you have to belong to a club that is associated such as ours, are being ask to cough up a lot more money that we use to pay. For example in its first year EA is asking for an annual flat fee of £50 plus £3 charge for every club member. For a club such as ours (160+ members) it will cost us £530. However for the 2nd year of it's existence EA will increase this charge to £5 per member we will then as a club have to part with £850's worth of our money! We currently paid £180 to the SEAA.

What as a club and as runners will we get from this new body? Well from what my fellow committee members and I can see not much. Apart from a Licence and membership card stating that we are members of EA and are therefore able to take part in any of the championships EA might organise and therefore do not have to pay the £2 fee that is/will be charged to unaffiliated runners. In fact for clubs it will mean more work as EA is asking us to supply details of all our members that will not only include the normal details such as name and address but also ask for further details such as date of birth and ethnic background. The reason for this is that they want to build up a database of runners throughout the UK, which of course some people might object to and there could be some concern with regards the Data Protection Act. With the latter in mind EA will ask each runner to sign a Data Protection Act declaration. However those concerns over the Big Brother element of this scheme, and I'm not talking about the TV show here, would still remain.

For some years there have been those in the running community that have been unhappy with the way the sport's governing bodies have seen road running as a rich cow to milk with little in return. For example the £2 paid by unattached runners in every race goes to UK Athletics. Those people have seen the setting up of EA as the last straw and in response a new organisation, Association of Running Clubs (ARC) has been set up. This organisation is/will be run by



runners for runners and they are currently trying to recruit clubs into joining them. They are offering clubs insurance to cover both races and club events much in the same way as EA will be as well as issuing their own race permits. The cost of joining ARC for a club such as ours would be £237 per year, which of course is much less than EA is demanding! Of course there is a downside some of which are that the county organisations are not as yet recognising any ARC affiliated club so we would not be eligible to take part in the Surrey XC leagues or county championships. More crucial is that as the FLM are at the moment also not recognising ARC clubs so we would lose our 3 club places for this event if we were to join ARC.

Thankfully we do not have to make a decision as yet on what organisation to join as we have until the end of September to pay our fees to EA as well as provide them with the information they are asking for. The committee is monitoring the situation with interest so expect to receive some feedback from us over the next few months. Currently we are reluctantly favouring the EA path but this might change should the ARC bandwagon find some wheels to run on. For more info please see the following sites:

www.runningclubs.org.uk or <http://www.englandathletics.org/>

FfL

This years Croydon Race for Life organised by Cancer Research UK takes place on 13th May. This woman's only 5K race will, as has been the case for the last 4 years, be supported by Striders of Croydon. We will be setting up the course as well as acting as marshals for the race itself. I hope that I can rely on the support of the members to come along and help this worthy cause and can offer a free Bacon Buttie and hot drink in return! Further details will be forwarded nearer the time of the event.

Cricket

Although we are actually based at a Cricket club this is a subject not usually heard around the club, not unless Scott is boring us in the bar after a Wednesday night run on how his countrymen are No1 (his opinion not mine) in the world for this sport. However it was mentioned during the sad occasion of David Goodall's send off last year that it would be a fitting tribute to the guy if friends of David's from where he worked at the Foreign Office could play those at the Striders in a game of Cricket at the club at some point. If I recall correctly we also offered to run a Mob match against them but somehow this has seemed to be forgotten. Hopefully this game can be organised for sometime this summer so if you'd like to play please watch out for further details. I'm currently hoping to have this game played during the first couple of weeks during July so get those white's clean!!

25 Years and Still Running

This year marks the 25th Anniversary of your very own Striders of Croydon. Hard to believe that this vibrant, exciting and youthful club has been around for so long...well, until you look at some of the committee.....

To mark this very special occasion, we will be hosting a "do" at the Croydon Park Hotel on Saturday 6th October. There will be a dinner, dance and (we're promised) an excellent live band. Ticket prices are yet to be confirmed but they will be subsidised by the club.

Current and past members are all invited to attend and more details will be issued shortly. Places will be limited though, so register your interest soon with a member of the committee.



25 Years and Still Running?

Part Two

Striders are not the only ones celebrating a special anniversary this year.

Our present Chairman, Mr Gannon, celebrates 25 years of marriage to the lovely and long-suffering Wendy.

On being asked how she had coped with the last 25 years, child-bride Wendy cites the art of “creative listening” (hearing what you want to hear, when you want to hear it) and John’s absence on long training runs as her ways of dealing with the stress. She’s hoping he will take on the challenge of another marathon soon.

Jokes about serving less for murdering him aside, we wish John and Wendy all the very best for many more years of happy marriage together.



Owen Trophy 2007

: new season, new rules

Chris Morton

Having listened to your feedback about last year’s Owen Trophy I have made another attempt to develop a scoring system that is fair to all runners.

Part of the problem with using a Category-based scoring system has been that :

- Deciding who goes into which category is open to personal choice and hence the possibility of unfairness
- Due to the nature of our running club we have a large number of mid-ability runners and so it can be easier to pick up points for runners in these categories
- A runner being placed in the ‘wrong’ category may quickly gain an advantage.

So I’ve tried to find a method that is based on performance and is fair to all.

The 2007 scoring system is based on giving each runner an individual target time for each race. The target time is calculated by taking the runner’s base time – which is their best 10K performance during the period 1st Sept. 2005 to 31st March 2007 – and multiplying this by a factor which is created for each race. These factors are calculated by looking at Striders’ past performances in the same races and so take account of the difficulty of each race.

In this way runners are just as likely to achieve their individual target time in a ‘tough’ race such as Elmore 7 or Dorking 10 as in an ‘easier’ race such as Elmbridge 10K.

As promised at last year’s AGM I have also brought in a marathon to the scoring system. Because Striders were originally formed by a group of runners training for the inaugural London Marathon I thought we should be recognising our marathon runners within the Owen – though I felt it was unfair to only include the London Marathon because being able to compete in that was down to the luck of various ballots.

After much debate amongst the committee we were also unable to find a suitable half marathon to include in the Owen.



So in the end I decided to include any half and full marathon raced in the period 1st Dec. 2006 to 30th Nov. 2007.

I've tried to devise a scoring system that favours no one group of runners.

Although new, improving runners are likely to be beating their target times their targets will get harder the faster they run. Whilst those runners who have reached their peak can still pick up points by beating their previous times in the same races.

The system is hard on those runners coming back from long-term injuries – but theoretically they will benefit in the following season when their targets are quite soft due to their slower times during their injury-plagued season.

Well before each race I will publish target times for all runners who have a base time.

I hope this new scoring system will satisfy most Striders.

More detailed information appears on the club website :

<http://www.stridersofcroydon.co.uk/>

Marathon Supplement

Good Luck to all running in a Marathon this month. As usual here are the thoughts of many of you – Ed

Mike George



It seems light years away since my name came out of the hat at our Club's Christmas bash last year which gave me the opportunity to run in the FLM. Some of you may recall how elated I was (yep, I'm a silly old fool) and my promise to those that were unfortunate not to gain entry to the FLM, that my entry would not be wasted; I would give it my best shot and train accordingly. The Club gave me that chance and I wouldn't let the good name of the club down. I must thank those for their support at the Brighton 1/2M and at other times for showing their interests in my training developments. And of course those long enjoyable runs organised by Robin.

Not since my first couple of marathons have I've been very focussed and disciplined towards my training schedule devised whilst I was at La Santa, namely, to be a slave to my Polar HRM. It seems to have worked, perhaps I'm tempting fate here, with only a couple of weeks to go, but I've managed to remain injury and virus free. My predicted estimated time of 3:45mins as determined during a fitness test at La Santa would be fantastic but realistically my bodies telling me I'll be fortunate to achieve around 4hrs.20mins if I'm very lucky. My recent long run 3X

round Richmond Park approx. 22 miles proved that to me. I should be pleased with that, at least I'll be running of sorts, not like a lot of runners that have picked up injuries and are now unable to take part in the FLM. I'd like to dedicate my marathon run to those and to my late mum and David Goodall.

Finally, to all of you Striders in the marathon best of luck and seize the moment of the great occasion and enjoy. Just do your best. Mind where you tread.



Stephen Massey

3rd Marathon, maybe last! - but am sure I said that after the last 1! Am aiming to beat last times, time which was 3hrs 26 min. Would really like 3hr 15min but will see on the day.ing for __, __, __, __

Any sponsors would be great on <http://www.justgiving.com/stephenmassey> for Terrence Higgins Trust.



Tim Bett

This will be my 5th FLM and I am very grateful to have won a place through the Striders Christmas lottery.

I follow all the details of fellow Striders' training runs/races and social events with a great deal of interest and some envy as my training consists mainly of: (i) dieting (ii) running alone, late in the evening along windy cycle tracks in the dunes (iii) some local 15km races known as "loops" and finally (iv) a couple of intense trips to the UK for the Tunbridge Wells 1/2 and the Cranleigh 21.

Although that sounds a bit miserable, the training has been going quite well, the scenery here is beautiful and I have even recently managed to sustain a reasonably moderate plod! If, touch wood, I remain injury free, my ambition is to ensure that Chris M runs a PB in order to remain on the Striders marathon record board. Can he take the pressure?

Even though I am not running for a specific charity this year, I seem to have colleagues throwing donations at me- apparently, they think I am an eccentric Englishman! I shall either give it all direct to a suitable charity, use it to sponsor another runner or, perhaps there is the pub afterwards.....

See you on the 22nd, if not before. Good Luck



Liz Orange

Bonjour Paris!

Owing to pressure from work and family commitments I have found it hard to fit in the club runs but I've done (lonely) miles, and will be heading cross Channel for the 15th of April. I can't wait to be running down the Champs Elysees... I know it will be very different from London but I am excited to be running in my home town.

I am running for the charity Children with leukaemia



Paul Finch

This will be my second marathon, the first was London last year. My training has, as always, been a bit hit and miss, with a few injury worries thrown in for good measure. But I think I'm on reasonable form so we will just have to wait and see on the day. Ideally I would like to improve on last years time of 3.14.47. Good luck to everybody attempting a marathon this spring and to Nick as he conquers his 100th!



Andrew Allison

Why - don't know keep asking myself this, especially with the niggles
Time - Chris is my pace maker, he's best person to ask
No photo sorry

Sarah Milne

I am running the London Marathon for my son, William and for CHASE Hospice for Children.

As many Striders know, I have 3 children, Hope, Ellie and William. William is 2 1/2 and has a complicated, life-limiting medical syndrome. This causes many health problems and disabilities. The main issue for William is that he has intestinal failure and is unable to eat or drink anything. Instead, he is fed by an intravenous drip, directly into the blood stream. He is attached to this drip 18 hours a day. This keeps him alive but also slowly damages the liver. The line delivering the drip into his blood stream is also a huge infection risk and William has already had many big infections, two of which have been near fatal. We are currently waiting for an assessment to see if William is suitable for a small bowel transplant. If not, he will remain on the intravenous feed until repeated infections make it impossible to insert any further lines or his liver fails.

Life with William can be very stressful. His daily medical care is complicated and time consuming and he cannot be left with anyone else, other than qualified nurses. He is in and out of hospital, often for several months at a time. We also have to live with the reality that he is unlikely to survive into adulthood and may not live into his teens. All this is especially traumatic for his sisters. Last Spring, we were referred to CHASE Hospice Care for Children. This has been our lifeline. We have 15 nights a year at the hospice, enabling us to relax and spend time with the girls while William is looked after by the nursing staff. The hospice is our oasis and we all love our mini holidays there. We have regular support at home and the girls go to sibling fun days where they meet other children who understand and share their upsets and worries. CHASE staff provide fantastic support for us when William is ill and when we have to face difficult times. Of course, respite and fun is not the whole of CHASE's work. The hospice also enables happy, peaceful and dignified end of life care and support for families in the immediate days of bereavement. Knowing about this is very reassuring for families like us.

I ran the 5K Hydroactive Women's Challenge for CHASE in September 2006. This introduced me to running and I have found it a fantastic way to reduce my stress. Every time we have a difficult day I itch to get out to run and think things through. Running gives me some "me time" and my own challenges that have nothing to do with William's care. It is a great way to get rid of adrenaline too! I haven't been running that long so had planned to do the marathon in 2008. However, when I was offered a place on the CHASE team I couldn't resist the challenge. Training is going well and I have really valued the encouragement I have had from fellow Striders. I would also like to thank those who have sponsored me so generously. If anyone else would like to sponsor me, please visit www.justgiving.com/runninglondonforwilliam. I am close to my target of £2000 but a lot is going on with William at the moment and we don't know how we would be coping right now without CHASE. I would love to get my sponsorship up to £2600 and make every mile worth £100 of thanks. I would be happy to finish under 5 hours but I am hoping to do it in about 4:30.



Yasmin Ramsey

My decision to run the London Marathon, I suppose came out of years of watching it on television and thinking that "Ooh that looks easy – I really want to give it ago! I wasn't lucky in the ballot – but I was able to secure a place through my work.

Well I certainly know different now! How hard has it been to wake up stupidly early on a Sunday morning, drive to different parts of the country which ultimately take over your whole weekend, run in the rain (ok I chickened out when it has rained), run in the snow (I have!!), run when you just really can't face it anymore, get injuries and pains in muscles that you never knew existed and deal with the self doubt in you mind that tells you constantly that you are really a couch potato.

So to get from all of that to being able to run 20 miles without stopping (much) is a real achievement for me and something that will stay with me forever. Also training with the Striders and my 2 partners in crime – have helped immensely, especially on those long runs when you need encouragement. Anyway I am really looking forward to the day itself! I am sure there will be a few tears from me...oh and I am really pleased that the Builders is spitting distance from my house!!



Richard Edwards

FAST EDDY

Owner: Mrs S Edwards

Stable: Downs Syndrome Association

Colours: Green & White Check

Jockey: Ing For Position at the Start

Trainer: S O Croydon

Weight: Undisclosed

Form: UFUUFU

This mature stallion will struggle with the pace and is highly unfancied due to his recent form of unplaced and fell. This may be his last outing over this distance before being put out to stud. However, his determination and staminal should see him complete the course. Striders are encouraged to give generously to his stable charity The Downs Syndrome Association on www.justgiving.com/fasteddy3.



Scott Anthony

Scott Antony here, my marathon ambitions are to break 2 hours 50 and be as close to Justin as i can. Justin and I are aiming to do at least 15mile together at a decent pace and then see what happens. it is also my last London marathon while living in the UK as I leave to go home in June (well to travel for 5 months and home in November), so i would like to do a good one.



Phil Mazur

Yet another Marathon! Well that's what it feels like at the moment. I'm going to make this one my last for a few years as I'm just bored of long runs and early mornings. So why am I doing it? One reason is to keep the lovely wife company in training (not that I can run that slowly!), the other was to go round with Kyritsis on what he claims will be his 100th (I think it's my 17th), but he tells me he's going to keep stopping. If I stay with him I'll end up being as slow as Peter "Ribs" Shew.

Of course I could be doing it to win lots of cash –if I guess my time exactly I win all the bets you lot are supposed to be doing (I'm in with a chance on that one), or possibly to raise lots of cash –this time for the British Heart Foundation, like Jacqui.

Favourite moments in training? Finishing 6 seconds after Mat O'Hare in Brighton, yet beating him on chip time. Always beating a certain fitness instructor in Cross-Country. Beating Barry Finch in the last x-country match, whilst sitting in a pub in Soho waiting for a band. Meeting Justin's friend, "Sarah" (you are a lucky lucky girl Karen).

Favourite quotes heard in training – "Jees your heavy for a marathon runner"; half-way through an 18 miler; " I did 20 miles by accident on Tuesday."

Things that are more fun than training for a marathon:

- Wrestling grizzly bears
- Gargling with hornets
- Smacking a glass bottle over your head
- Talking to Gannon
- Work
- Throwing yourself down Gravel Hill (apparently)

But seriously folks, if it's your first London you will really enjoy it. If its your second, go for a time. And if you're Jerry Crispie –look out, your records not safe!

Photo: The Madness of the Long Distance Runner. Bramley 20 2007.



Dave Shaw + Sophie

Why am I doing it? Force of habit

Ambition? To enjoy the day

Sophie also doing the mini marathon. I suspect if both fully trained we should aim for a combined time of sub 3.30 but don't think that will happen this year..



NEARLY THERE

- By Nick Kyritsis

My last contribution to the Striders' newsletter was in the Summer 2005 Edition (The Long Road To 100 Marathons) when I had completed 71 Marathons. 18 months later, the total stands at 99 Marathons and the 100th will be the London Marathon on 22nd April. It is quite strange that after so many years of running, I am literally days away from achieving an ambition which has been a major part of my life for the last 17 years.

I started running in 1990 and my ambition was to run 1 marathon, which developed into an ambition to run 2-3 marathons per year, until I met 3 members of the 100 Marathon Club. on a coach taking us from Chiswick to Windsor for the start of the Polytechnic Marathon.

At the time I thought they were insane, I considered the serious damage they must be doing to their bodies and I was horrified at the thought of the distances these people covered every year. Their way of life was totally unreasonable and being a sensible person I decided tojoin them and aim to complete 100 Marathons.

It is quite strange that after so many years of solid training, I am currently facing significant changes at work and I have to travel overseas nearly every week .My training has been badly interrupted but at the end of the day, I want to enjoy every minute of that special occasion, stop along the way to thank people who have helped me and share the moment with them.

It will not be a run it will be a celebration of 17 years of hard distance running

For the record the 99 Marathons and ultras I have completed are as follows:

London Marathon	14	New York Marathon	1
Windmill Marathon	10	Boston Marathon	1
Beach Head/Seven Sisters	7	St Albans Marathon	1
Rotterdam Marathon	6	Masters and Maidens	1
Robin Hood Marathon	5	Le Touquet Marathon	1
Kingston Marathon	4	Stevenage Marathon	1
Paris Marathon	4	Edinburgh Marathon	1
Athens Marathon	3	Three Forts Marathon	1
Luton Marathon	3	Thanet Marathon	1
Polytechnic Marathon	3	Mole Valley Marathon	1
Abington Marathon	3	Neolithic Marathon	1
Amsterdam Marathon	3	Halstead Marathon	1
Rome Marathon	3	High Weald Challenge	1
Harrow Marathon	2	White Cliffs (30 Miles)	1
Shakespeare Marathon	2	Florence Marathon	1
Milan Marathon	2	Clarendon Way Marathon	1
Tanners (30 miles)	2	Sevenoak Circular(30 miles)	1
Steyning Marathon	2	Brussels Marathon	2
Founders Challenge (28 miles)	2		
GRAND TOTAL	99 MARATHONS		

Many people often ask me about my races, personal bests, favourite races etc, so here is a summary of the answers to the most frequently asked questions:

Personal Best: 3 Hours 22 minutes and 14 seconds

Favourite Road Marathon: Rome Marathon

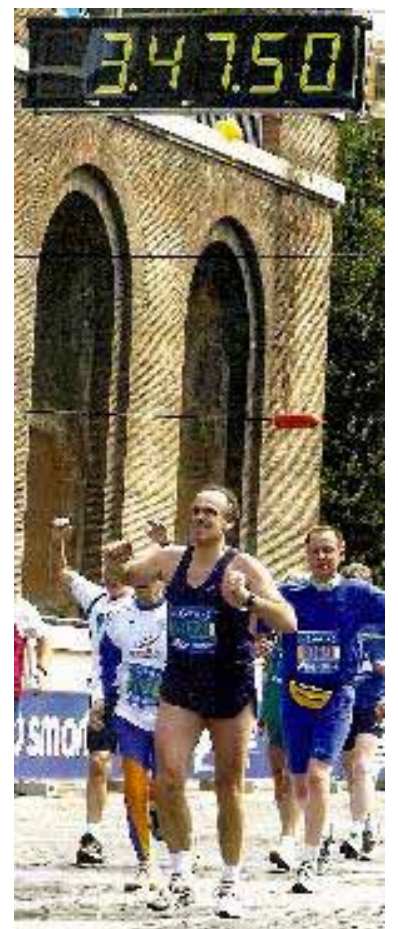
Favourite Race: Boston Marathon's 100th running in 1996

Fastest Course: Rotterdam Marathon

Hardest Road Marathon: Athens Marathon (10k –32k section is uphill)

Best Finishing position in Ultra Marathon: 2nd White Cliffs Challenge(2006)

Best Finishing position in Road Marathon: 92nd (Harrow Marathon 1995)



Will I stop running marathons after the 100th?:No.Why should I stop doing something I really enjoy? I will be more selective and I will do more speedwork because the fear of getting injured will not be a major issue

Most emotional moment: Finishing my first marathon (London 1991).Any Striders running their first marathon in London be afraid, be very afraid because you may enjoy it so much that you may want to run it again and again and.....again!!

Have I failed to finish a marathon? Yes, Kingston Marathon 1994.I tried to run a marathon with 3 broken ribs I survived for 17.5 miles but I had to give up because I just could not draw breath without a terrible pain I was back the following year!!

Hardest period of the challenge: Completing 7 marathons in 8 weekends in March-April 2005

Any other crazy challenges? Absolutely. I want to run the John O'Groats to Lands End (845 miles) in 20 days. Summer 2008 is the provisional date set for this challenge

Any regrets? Yes. Failing to break 3.15 for the marathon. The 3 hour barrier was always beyond me but I should have tried harder for the 3.15 finish

Next step after the 100th Marathon? The next thrill will be to run the 101st marathon in the 100 Marathon Club vest. It will be a proud moment for me and I will bore people to death talking about it for many years to come



Well, that's it folks, NEARLY THERE.

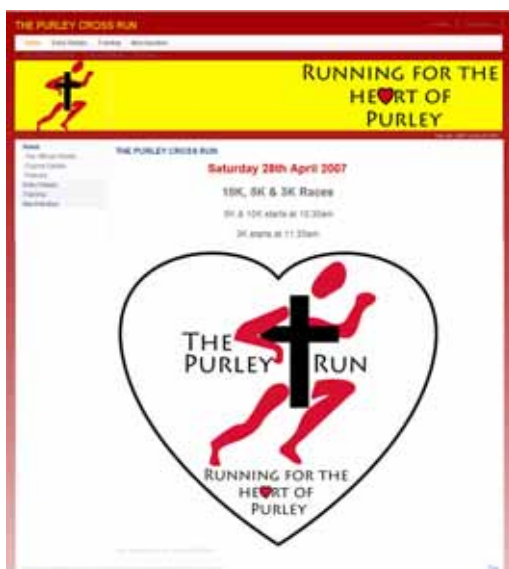
I will miss the regular question put to me every time I met a Strider: 'How many now Nick?' .It always made smile and motivated me to keep going.

I thank you all for the encouragement, friendship, support and advice and when I cross THAT line, I will be wearing the Striders colours with great pride, so I can share that special moment with all of you.

The final word has to be for the person whose support, help, encouragement, patience, love, understanding and frequent.....massages made it possible:

My lovely wife Roberta to whom I dedicate the 100th Marathon. She is a true Marathon Hero

HERE'S TO THE NEXT HUNDRED



The Purley Run Saturday 30th April

For more details goto <http://www.purley.org/>

Or speak to Nigel Davidson

The Track and Field Season

Chris Morton & Kevin Burnett

The track and field season starts shortly and there are plenty of opportunities for all Striders to get involved.

We are in two T&F leagues and are also closely associated with Holland Sports who are in another league.

The competitions feature a mixture of abilities and events. Most dates will have either a 100m or 200m sprint, a 400m, and either an 800m, 1500m, 3K or even a 5K. There are also hurdling events and a mixture of one or two out of long jump, high jump and triple jump. There are also those events for the brave or foolhardy : the pole vault and the steeplechase. And Matt O'Hare and Matt Birchley proved last year that Striders can also be chuckers when they took part in the throwing events – usually either javelin, shot or discus.

Each fixture ends with a sprint relay – in which we usually finish last !

Last season we did quite well in the mens Vets, coming 5th but again disappointed in the womens competition with only a few competitors, we hope we can improve this year. This coming season the opportunities are expanding because men between the age of 35 to 39 inclusive are now considered to be 'Vets'. So this age group can now compete for us in the four Monday evening Vets track & field league. (Women have long been considered to be vets at 35)

We are invariably short of numbers for all our fixtures so please come along and enjoy competing in fairly low-key events. The captains for the fixtures are :

Vets and Holland Sports – Kevin Burnett on 01883 625547

Rosenheim – Chris Morton on 020 86671017

The fixtures are :

April

Mon 30th 7 p.m. Vets Southern League at Kingsmeadow, Norbiton

May

Wed 2nd 7 p.m. Rosenheim League at Battersea Park

Sat 5th 2 p.m. Holland Sports in the Southern League at Battersea Park

Mon 21st 7 p.m. Vets Southern League at Croydon Arena (we are co-hosting this so will need helpers)

Wed 23rd 7 p.m. Rosenheim League at Croydon Arena

June

Sat 2nd 2 p.m. Holland Sports in the Southern League at Sutton Arena

Wed 6th 7 p.m. Rosenheim League at Wimbledon Park

Mon 11th 7 p.m. Vets Southern League at Ewell Ct, West Ewell

Wed 20th 7 p.m. Rosenheim League at Tooting Bec (we are the hosts and will need lots of helpers)

Sat 23rd 2 p.m. Holland Sports in the Southern League at Deangate

July

Mon 2nd 7 p.m. Vets Southern League at Croydon Arena
(we are also co-hosting this so will need helpers)

Wed 4th 7 p.m. Rosenheim League at Tooting Bec

Sat 14th 2 p.m. Holland Sports in the Southern League at Horsham

Wed 25th 7 p.m. Rosenheim League at Tooting Bec

August

Wed 8th 2 p.m. Holland Sports in the Southern League at Crawley

Note we are co-hosting the two fixtures at Croydon Arena. We need help with officiating, track judging, results etc. so please come forward.

Also is there anyone who could act as team manager on the Monday evening fixtures? If so please contact Kevin Burnett

Running Quotes

"Somewhere in the world someone is training when you are not. When you race him, he will win."

Tom Fleming's Boston Marathon Training Motto

"Who runs in circles never gets far."
Thornton W. Burgess, *Bowser the Hound*

"There ain't no shame looking at a good runner's back. Now, if the runner sucks, that's something else entirely..." The Rage, *Training Tips "Comeback"*

"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes." Don Kardong

Why I came back

By Martin Gourlay

To some of you that may seem a bit of a strange headline, as to you I am just another runner who enjoys being a member of the Striders family.

However the more senior members amongst you will remember that I actually ran with Striders back in the days when Blair was 1st elected.

In those days we ran out of Lloyd Park (possibly the same place as the "sisters" running network run from?) and I started the same way then as I did again this time; I simply turned up and tagged along at the end (as I know Ron Carver im assuming he introduced me to Striders)

Even after such a long gap I was still welcomed, with a few faces recognising me and ive noticed that nothing has changed; in my opinion we are the FRIENDLIEST club in the area; when I 1st started all those years ago, I went along to SLH and on entering their clubhouse, I felt like such an outsider that I didn't even stop to get changed!!!

That's when I ended up with Striders; in those days the group was a lot smaller. But I believe we have grown to what we are today (and have the potential to grow even more) because the club treats EVERYONE the same; where else can you go on a training run and have the "elite" runners circling back for us mere mortals?

Those of you senior members may remember that it was me who introduced ANDY GRAVETTE to the club; he had lost a lot o weight (he won The Sun slimmer of the year the year Blair 1st got elected) and wanted help in getting fitter; I had no hesitation in recommending Striders, im pretty sure he ran the London Marathon and he went onto represent England in triathlons.

Why did I stop running? I foolishly agreed to do someone at my work a favour and play for his football team; I now realise that I was never going to be fit enough to do that (even if I played in goal) ;unfortunately my body chose 2 injuries to tell me that; I had a ruptured calf AND Achilles in the SAME leg within a month of each other, and the NHS could only help me strengthen my Achilles, leaving me to do the calf, I was given a list of exercises to do but foolishly thought that my job as a postie would do the same job; how WRONG I was!!! To this day I have very little calf muscle in my right leg, but that doesn't STOP me enjoying running.

In case you're wondering why I came back after such a long time away, in my previous time with Striders, I ran the London marathon twice (1 sub 4 hr, 1 slightly over 4hr) but I always wanted to do the New York marathon and the Great North Run; for a variety of reasons I probably wont ever do a marathon again (they always say "never say never" don't they) but last year I managed to secure a place in the Great North Run; who should I train with I wondered? The rest as they say is history, and I thank everyone whop has made me feel welcome on my return, that's why I chose to come back to the striders family.

And the Tadworth 10

To say that my attendance at the Wednesday night training runs had become sporadic is an understatement; this happens for a variety of reasons, so having not trained much recently, I dragged myself out of bed on a cold and blustery Sunday morning to head off to the Epsom Downs accompanied by my Brother and his daughter (I wouldn't insult my kids by trying to get them out of bed at that time of day).

On our arrival at the downs, we were greeted with a strong blustery wind sweeping across the venue, and having parked the car (in a place I was later to run past) I ventured out in an attempt to warm up, leaving my "hoody" on as long as possible; I had toyed with the idea of leaving it on, but as my race number was on my vest underneath, and remembering how hot I got in similar conditions one year at the Croydon 10k eventually the "hoody" came off!!!

That was when I regretted only wearing my GNR t-shirt underneath my running vest; as it's made of material that lets your body "breathe" (im sorry I don't know the technical name of the material used, but im sure some of you will know what I mean).

The wind was cutting right through me, but I hoped that I would warm up once the race started; I was later to be proved correct on this one.

I bumped into some "lady Striders" at the start, and being a slowish runner, that was the last time I saw them, except at the finish; the race for me is remembered for me running almost the entire race with a guy who plays hockey at Sandilands (what a small world!!!), the 2 lap course that included a couple of testing hills and the blustery and "cross country" type conditions.

Taking all of that into consideration, imagine my delight when I finished 4 minutes inside my pb that was achieved at Dorking last June.



Yasmin, Sarah and Michelle at 5 miles

Marathon Mantras

Phil Mazur

All of us, with the possible exceptions of Scott and the Macenhill tribe get tired just after hitting the wall (say mile 20, for Ref say mile 5), so what do we turn to for guidance? Buddhist prayer? Gregorian chant? Or perhaps the pop charts. Here's some ideas. Choose a lyric and let the music guide you!

Rather die on our feet, than keep living on our knees .
James Brown

Free your mind and your ass will follow.
Funkadelic, Good Thoughts, Bad Thoughts

Ain't no stopping us now, we're on the move.
McFadden and Whitehead, Ain't No Stopping Us Now

As long as I'm alive, I'll keep my head up high. Because I'm strong in body, and smart in mind.
Run DMC, Tougher Than Leather

Carry on, carry on, what don't kill us makes us strong.
Tim McGraw, Carry On

Climb every mountain, ford every stream, follow every rainbow, 'til you find your dream.
The Sound of Music, Climb Every Mountain

Do your best, do everything you can, and don't you worry what their bitter hearts are going to say.
Jimmy Eat World, The Middle

Don't stop at the top, touch the sky before you drop.
Scorpions, Don't Stop At The Top

Dream on, dream on, dream until your dream comes true.
Aerosmith, Dream On

For though I cannot fly, I'm not content to crawl.
Nine Days, If I Am

If I only could I'd make a deal with God and I'd get him to swap our places
Kate Bush. For the snidey git in the crowd.

Get up, get back on your feet, you're the one they can't beat, and you know it.
Styx, Fooling Yourself

Give me fuel, give me fire, give me that which I desire.
Metallica, Fuel. Scares the heck out of Marshalls at waterstops

Gonna put my good foot forward and stop being influenced by fools.
Bob Dylan, Gonna Change My Way Of Thinking

Got holes in both your shoes, feeling alone and confused, you got to keep on smiling, keep on smiling.
Wet Willie, Keep On Smiling

Hold your head up, hold your head up, hold your head high.
Argent, Hold Your Head Up

How you ever gonna know if you're the best? How you ever gonna know what you believe in, if you don't put it to the test?
Garth Brooks, How You Ever Gonna Know

I don't need anyone to hold me, I can hold my own.
Ani Difranco, My IQ

I get knocked down, but I get up again. Your never gonna keep me down.
Chumbawumba, Tubthumping

For Sue Haynes, and all the tosspot photographers that get in the way.

I got the power of one, the fear of none.
Wildhearts, Everlone

Quotes

Supplied by Gresham Williams

"I came down to the touch-Line to give the team some technical advice - like that the match had started."

Ron Atkinson, Aston Villa Manager.

"So, Ron, who do you think is going to win this one, then?" "Well, either side could win it, or on the other hand it could be a draw."

Big Ron again.

"I make a practice not to comment on referees and I am not going to break the habit of a lifetime over that prat."

Big Ron yet again.

"Moses Kiptanui, the 19 year old Kenyan, who turned 20 a couple of weeks ago."

David Coleman.

"We now have exactly the same situation as we had at the start of the race, only exactly the opposite."

Murray Walker.

"It was a bit difficult adjusting to living and playing football in Italy - it was like being in a foreign country."

Ian Rush.

"I owe a lot to my parents - especially my mother and father."

Greg Norman.

"Sure there have been injuries and deaths in boxing - but none of them serious."

Alan Minter.

"If history repeats itself, we can expect the same thing to happen again."

Terry Venables.

Er yes, Terry, but next time please - not at Selhurst Park.

"We'll still be happy if we lose - it's on at the same time as the Beer Festival."

Noel O'Mahony, Cork City Boss, before match with Bayern Munich.

"The lead car is absolutely unique, except, for the one behind, which is identical."

Murray Walker.

Strangely, in slow motion the ball seemed to hang in the air for even longer.

David Acfield

I hold the line, the line of strength that pulls me from the fear.
Peter Gabriel, San Jacinto

I love myself today, not like yesterday.
Bif Naked, I Love Myself Today.
Save this one for Buck Palace, home of the scroungers

I told you that we could fly, cause we all have wings, but some of us don't know why.
INXS, Never Tear Us Apart

I'd be a fool to surrender, when I know I can be a contender. And if everyone's a contender, then everyone could be a winner.
Coolio, CU When I Get There

If I fail, if I succeed, at least I live as I believe.
George Benson;

If you believe in yourself enough and know what you want, you're gonna make it happen.
Mariah Carey, Make It Happen

If you can believe, then you can achieve.
Jurassic Five, World Of Entertainment

If you feel that you can't go on and your will's sinking low, just believe and you can't go wrong. In the light, you will find the road.
Led Zeppelin, In The Light

If you have the courage and you have the heart, that hero just might be you.
Waylon Jennings, Small Packages

If you try the best you can, the best you can is good enough.
Radiohead, Optimistic

I'm alive, and the world shines for me today.
Electric Light Orchestra, I'm Alive

More Quotes

"Julian Dicks is everywhere - it's like they've got eleven Dicks on the field."
Metro Radio commentary.

Dennis Pennis : "Have you ever thought of writing your autobiography, Chris?"
Chris Eubank : "What about?"

Interviewer to Jack Charlton : "What will you do when you leave football. Jack - will you stay in football?"

"The racecourse is as level as a billiard ball."

Johnny Francome

"I'd like to play for an Italian club - like Barcelona."

Mark Draper, Aston Villa.

"There goes Juantorena down the back straight - opening his legs and showing his class."

David Coieman, at. Montreal Olympics.

The Tanners Marathon - Sunday 1st July 2007

Steve Tyler

You may have seen the flyer that I produced for the Tanners this coming July. It is not a *normal* marathon, it is not a road running event but a cross country long distance walk under the LDWA. You can run it if you wish but a majority take the sensible option and walk.

When I started doing it in 1981, there were 30 and 50 mile options but the longer distance has now disappeared into the history books. I never took that option, the thirty is hard enough. Now you have the options of 30 and 20 – the routes are the same save for on the shorter distance there is a short cut to rejoin the main route further along the track.

Don't think that it is easy – there are numerous hills and stiles to be surmounted. But the views of the Surrey countryside are stunning on a sunny day – and I've only known one rainy Tanners. Common sense is required to follow the instruction sheet provided (Phil Mazur please note!) and to keep an eye out for the yellow arrows put up the day before to help you round.

Knackering? Yes. But you will certainly enjoy your beer down either The Builders or The Claret wine bar after taking a bath!!

40 YEARS AGO: ATHLETICS IN WINTER / SPRING 1967

The Surrey Cross-Country Championships were held at Richmond Park on 7 January. The winner was Gerry North, who led Belgrave to the team event. The junior race was won by Steve Badgery of Mitcham. 40 years later, Steve is still running well as a veteran for Hercules-Wimbledon. The youths' race was won by Croydon Harriers' talented 18-year-old Don Faircloth.

The Inter-Counties Cross-Country Championship was held at Leicester on 21 January. The individual winner was Dick Taylor of Coventry, representing Warwickshire. Ron Hill (Lancashire) was second, with Gerry North placing third. Gerry led Surrey to the team title, ahead of Lancashire who had won the title for seven successive years from 1960 to 1966.

The South of Thames Cross-Country Championship was held at Wimbledon Common on 28 January. The winner was Mike Gowan of Herne Hill. Blackheath Harriers won the team event.

The Southern Cross-Country Championships were held at Parliament Hill on 11 February. The individual winner was Gerry North of Belgrave. Portsmouth won the team event. The youths' race was won by Dave Bedford of Shaftesbury Harriers.

The National Cross-Country Championships were held at Norwich on 4 March. The individual winner was Dick Taylor of Coventry. Portsmouth won the team event.

The International Cross-Country Championships were held at Barry in Glamorgan on 18 March. The individual winner was Gaston Roelants of Belgium. Tim Johnston (Portsmouth) placed second and led England to the team title, with New Zealand second.

The Surrey Cross-Country League completed its fifth season. Three of the four races were won by Bob Holt of Hercules AC. However he missed the second race, so that the individual title went to Croydon Harriers' steeplechaser Fred Stebbings. Fred subsequently moved to Luton where he became club secretary. Belgrave retained the Division One title, with Surrey AC second and Mitcham third. Hercules AC were fourth, Walton fifth and Croydon Harriers sixth. Herne Hill placed seventh and were relegated to the newly-formed Division Two, being replaced by Ranelagh Harriers.

It is interesting to note that three of the top four Division One clubs subsequently merged with other clubs. Surrey AC, who were based at Motspur Park, merged with Belgrave in 1981. Mitcham AC merged with Sutton in 1986: the club is now known as Sutton & District. Hercules AC merged with Wimbledon AC in 1968. Two of the oldest Surrey clubs (South London Harriers and Thames Hare & Hounds) had not yet joined the league, preferring to continue with their traditional inter-club fixtures. The other clubs to compete in the newly-formed Division Two were Epsom, Guildford, Redhill and the Metropolitan Police.

Mitcham won the youths' competition (for athletes aged under 18 at the start of the season), with Belgrave second and Croydon Harriers third. Croydon's Don Faircloth won three of the four races but missed the second race, so that the individual title went to N Trowell of Surrey AC.

In March Herne Hill staged a one hour track race at Tooting Bec. The winner was Mike Gowan who recorded the impressive distance of 12 miles 212 yards (19.505 kilometres for those who prefer metric), having run the first ten miles in 49 minutes 17 seconds. This placed him fifth in the British all-time rankings.



Did we really want to know where this word came from???

Manure: In the 16th and 17th centuries, everything had to be transported by ship and it was also before commercial fertilizer's invention, so large shipments of manure were common.

It was shipped dry, because in dry form it weighed a lot less than when wet, but once water (at sea) hit it, it not only became heavier, but the process of fermentation began again, of which a by-product is methane gas. As the stuff was stored below decks in bundles you can see what could (and did) happen.

Methane began to build up below decks and the first time someone went below at night with a lantern, BOOOOM!

Several ships were destroyed in this manner before it was determined just what was happening.

After that, the bundles of manure were always stamped with the term "Ship High In Transit" on them, which meant for the sailors to stow it high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Thus evolved the term "S.H.I.T " (Ship High In Transport) which has come down through the centuries and is in use to this very day.

You probably did not know the true history of this word.

Neither did I.

I had always thought it was a description given to a refereeing decision that players disagreed with!

The Ref

20 YEARS AGO: ATHLETICS IN SPRING 1987

The seventh London Marathon was held on 10 May. The winner was Taniguchi of Japan, in 2 hours 9 minutes 50 seconds. The first British finisher was the 1982 champion Hugh Jones of Ranelagh, who ran very well to place third, just 21 seconds behind the winner.

The first local runner was Dave Glassborow, who lived in Thornton Heath but ran for Herne Hill Harriers. Running his second marathon, he placed 45th with a Herne Hill club record of 2 hours 19 minutes 21 seconds. Dave was originally from Coventry, where he had been an English Schools' 1500 metre champion. The next local runner was Andy Evans (South London Harriers) who ran 2.21.08, three minutes outside the club record he had set the previous year.

The first woman to finish was Norwegian Ingrid Kristiansen in 2 hours 22 minutes 48. In second place, 42-year-old Priscilla Welch set a British over-40 record of 2 hours 26 minutes 51, breaking the previous record set by Joyce Smith in 1982. Priscilla was born in England and was a member of Ranelagh Harriers, but lived in the United States.

For Striders, Tony Smith ran a personal best 3.09.55, while Dave Hoben ran a lifetime best 3.11.31. Founder-member Colin Golding improved his personal best to 3 hours 15 (and improved again the following year when he ran 3.05.52). Ken Bridge ran 3.29.15.

Surrey Beagles' star runner Bob Treadwell gained an impressive win in the Tonbridge 10 mile road race on 8 March, finishing 45 seconds clear of the runner-up in a time of 48 minutes 48 seconds.

The East Surrey League held its annual road relay over the traditional course at Boxhill on 14 March. Hercules-Wimbledon gained a clear win, with national cross-country champion Dave Clarke setting the course record of 9 minutes 19 seconds. Croydon Harriers placed second: their runners were Gary Bishop (10.11), Graham Hansen (10.12), Alan Dolton (10.18) and Barry Cooke (10.30). Boxhill Racers placed third, 29 seconds behind. Future Strider John McGilvray ran 11 minutes 08 for the fifth-placed Surrey Beagles team. 20 years later, Graham Hansen is still running well and was the first veteran in last autumn's Switchback race.

The final East Surrey League event of the season was the annual road race, at Ewell on 7 April. The winner was Arthur Reilly of Boxhill. Boxhill won the team event with Hercules-Wimbledon second and Croydon third. Boxhill also won the team title for the second successive year. Croydon were second and Hercules-Wimbledon third.

On 10 April the German international heptathlete Birgit Dressel died at the age of 26, after apparently having injected herself with a significant quantity of steroids.

The National 12-stage Road relay was held at Sutton Park (near Birmingham) on 25 April. The winners were Gateshead, who included former London Marathon winner Charlie Spedding. Tipton were second with Birchfield third and Aldershot fourth.

The Surrey 10000 metres championship was held at Tooting on 26 April. The winner was Barry Attwell of Hercules-Wimbledon, who ran 31 minutes 01.7 seconds, outstripping Alan Dolton who placed second in a lifetime best 31.01.9. 20 years later, Barry is still running well: having changed clubs to South London Harriers, he ran the fastest over-50 leg in last autumn's Surrey Road Relays.

The Surrey 5000 metres championship was held at Tooting on 17 May. The winner was 16-year-old Jonathan Dennis of Camberley, who ran 14 minutes 17.4 seconds, which was a UK under-17 record. However he never fulfilled his full potential: in 1989 he placed third in the European under-20 championships, but he subsequently drifted out of the sport. Phil Ledger of Aldershot was second (14.17.7) and Tom Conlon of Herne Hill third (14.28.5).

SPORTS MASSAGE THERAPY

HELPS REDUCE MUSCULAR SORENESS
AFTER TRAINING OR COMPETITION

HELPS RECOVERY FROM SOFT TISSUE
INJURY

ALAN DOLTON,

LSSM Dip, ITEC Dip, MSMA, MISRM

UK ATHLETICS LEVEL 3 CLUB COACH

70 WARREN ROAD, ADDISCOMBE, CROYDON

TELEPHONE 020 8656 0532



....what the (un)fashionable runner was wearing in the late 1980s. This was me at the Hastings Half in 1989 if my memory is correct. I'm especially proud of the mullet hairstyle but wonder what happened to those large 80s specs.

Mick Turner

Rickshaws

You may remember Phil Mazur organized a just Giving Christmas card for International Needs.. We raised £365 which went towards buying Rickshaws. This is the letter of thanks from International Needs.

Dear Phil,

What a brilliant idea and what a brilliant response from the members! The Striders can be very proud of themselves.

International Needs just want to say a huge 'Thank you' to all those who contributed to the magnificent total of £365 from the electronic Christmas card

The money will go to help us supply Rickshaws to some of the very poor in Bangladesh. It will be of real benefit to some of the rickshaws 'pedal pushers' who are well below the poverty line.

There are over half a million bicycles rickshaws in Dhaka alone and the vast majority of those are rented per day by 'pedal pushers'. The cost of hiring is extremely high so the 'pedal pushers' spend all day and some time half the night plying their trade just to pay the rental. Anything they earn over that they keep but it usually amounts to less than a dollar a day and if they have a poor day.... they and their family go hungry.

We are going to buy rickshaws at £90 each and rent them out at a reasonable daily rate so that the pedal pushers can earn enough money to pay the rent, feed their family and send their children to one of our schools. This is a very practical way of taking people out of poverty and giving them dignity and 'prosperity' through their own efforts rather than living of 'hand outs'. The money we receive for the rents go back to purchase more rickshaws.

So far over 200 people have received Rickshaws and we are looking to double that number this year. Your gift will go to help us reach that target. We are also hoping to do a Lands End to John o' Groats rickshaw ride in the Autumn if any one is interested to raise funds for the project.

This is essentially what International Needs does around the world, helping people to help themselves. We do not go into areas with a quick fix solutions but rather work with local Christians to help them meet the needs of their area. Our primary focus is on Education, Community Development and Christian awareness programs.

Thanks again for your kind and generous contribution.

Keep Striding'

Peter Staley
National Director International Needs UK
www.ineeds.org.uk



Training Centre

Phil spends all his spare time trawling the internet for useful training articles on you behalf . Unfortunately there isn't room to include them in full in this publication. So here are links to some of the best and most relevant ones he has found.

Running Faster

<http://www.treelight.com/health/exercise/RunFaster.html>

"It's a good idea to build your running speed, for a variety of reasons. And you can build your speed, easily and naturally, by running downhill"

by Eric Armstrong

Stretching Basics

<http://www.treelight.com/health/exercise/StretchingBasics.html>

Stretching is good for you. Some general stretching advice is given on how and when to stretch, and on the nutritional supplements to make stretching effective.

by Eric Armstrong

The First training Programme

<http://www.furman.edu/first/fmtp.htm>

FIRST has developed training programs for the 5K, 10K, half-marathon and marathon. The FIRST training programs are based on results from FIRST training research studies that showed runners are able to run successful road races by incorporating three quality runs a week into their overall training program.

How to Breathe efficiently while running

http://www.ehow.com/how_18755_breathe-efficiently-running.html

An efficient pattern of breathing while running is essential for personal comfort, which leads to endurance. For many people, the pattern is involuntary. For others, conscious thought is involved until a comfortable and unique rhythm can be attained. Start out with the basic pattern described below and adjust for personal preference.

Improving Speed for distance runners

<http://www.jmsn.me.uk/Newsletter/Easter2007Supp.htm>

Long detailed article on running training. Contains a section on Tapering which is relevant now.

Originally appeared in <http://www.runningtimes.com>

Measuring Fitness

link to a variety of ways of measuring fitness

<http://www.besthealth.com/Health%20Calculators/>

And Finally

Whether it's your first marathon or your twenty-first marathon, we all can use some help getting ready for the big day. Here are some tips to help you prepare for a successful race.

General

- **Know the course** – familiarize yourself with the course. Run sections of the course –particularly the end of the course. Drive as much of the course as possible. The more familiar you are with the course the better your run will be, the fewer surprises you have during the race, the better your marathon will be.
- **Eating** – don't change a thing. Maintain your normal diet. You may want to slightly increase carbohydrate intake during the week or two prior to the marathon. But, don't go overboard. Refrain from alcohol and excessive amounts of caffeine, both will dehydrate you. Hydrate well during the week before the marathon. However, don't over hydrate.
- **Don't depend on anyone but yourself** – if you want it or need it for the marathon bring it yourself and carry it yourself. The only exception is water. If you want a special drink, carry it with you. If you want gel, carry it with you. If you think you'll need a change of clothes, tie the extra jacket around your waist until you need it. Most races provide support along the course – water, carbohydrate/electrolyte drinks and gels. But, getting to it may be a problem in large races. And, they may run out of what you need, or the product you're used to using isn't the one they have on the course.
- **Get your number early** – don't wait until the last day to pick-up your number and chip. Lines get longer as you get closer to the race. The less time you have to wait on line to get your number, the less energy you'll expend.
- **Stay off your feet the day before the race** – try to get everything done before hand. Use the day before the marathon to rest, stay off your feet.
- **Plan for an emergency** – have an emergency contact and some cash or a credit card with you. Know the course and how to get back (to the start/finish or your hotel) in case of an emergency.

Taper / Training - You've spent months preparing for your marathon. The last two weeks – usually the Taper Period – is as important as all the months before. This is the time that you can ruin all your hard work. Any training you do now will not improve your marathon. So, rest and try to remain calm.

Good Luck

And the last wedding photo

